The Canadian Nurse

A MONTHLY JOURNAL FOR THE NURSING PROFESSION IN CANADA

VOL. IV. TORONTO, JULY, 1908. No. 7

ADDRESS TO THE GRADUATING CLASS.*

In response to the kind invitation of your esteemed Principal, Miss Scott, it is my privilege this evening, as one of the pioneers of the nursing profession, to address this Class of 1908—these New Century nurses—and to bid you God-speed.

I deem it no small honor to be permitted to take part in the ceremonies connected with your graduation, not only because of my deep personal interest in Miss Scott, one of my children professionally—and in yourselves—who may be regarded as my professional grandchildren—but more especially, because these ceremonies take place within the walls of this renowned University.

For more than half a century the city of Kingston has been distinguished as a seat of learning, and Queen's University is known and honored throughout the length and breadth of our land. Canadian women will never forget that Queen's University was the first university in Canada to open its doors to women-students, and nurses will ever gratefully remember that Queen's University was the first university on the North American continent to throw open the doors of its Convocation Hall to do honor to a class of nurses on the evening of their graduation. To the speaker, this event is regarded as one of hopeful significance for the future of the profession you have chosen.

The trained nurse as we know her to-day had her birth in London, England, about forty-eight years ago. The large sum of money—£50,000—presented to Florence Nightingale by a grateful nation after the Crimean War, was returned by her with the request that this sum be used to establish and maintain a training school for nurses. Therefore, in the year 1860, the first training school, consisting of fifteen nurses, was organized in connection with St. Thomas' Hospital, London, England, and in less than fifteen years the United States established similar schools in some of its larger cities.

Ten years after the New York Training School, attached to Bellevue Hospital, had established its reputation as the best School

*Delivered before the Training School for Nurses, General Hospital, Kingston.

for Nurses in the United States, it was the privilege of the one who addresses you this evening to enter that school as a pupil nurse. Two years later it was her high privilege to be offered the position she now holds, where for the last 25 years she has been laboring to assist in the evolution of the trained nurse in her native land. In this endeavor she has kept uninterruptedly in touch with the workers on both sides of the Atlantic, and has shared their anxieties, hopes, and fears in the struggle for better moral, social, and educational conditions for nurses.

At that early period, many in Canada were disposed to regard the advent of the trained nurse with considerable distrust and misgiving, and our hospitals were more keenly alive to the duty they owed their patients than to their responsibility to the nurses who came to them for training. Nurses, therefore, who entered our Canadian schools a quarter of a century ago found not only the education provided for them somewhat crude and hap-hazard, but also that only the barest necessities, not to mention comforts, were all that awaited them in their off-duty hours, tennis-courts school libraries, pianos, and separate residences being as little thought of at that time as wireless telegraphy.

But a brighter day has dawned! Canada has every reason to be proud of the large and progressive training schools which may now be found in many parts of her wide Dominion, and are yearly increasing in numbers and importance.

The pupils in these schools are provided with educational advantages of a high order, and also with libraries, pianos, and residences, which in some instances may justly be termed palatial.

It is, therefore, *your* privilege, and, I may add, your *duty*, to be dedicated to the work thus far advanced, and, *into the future open a better way.*

Each of you may contribute something new and positive to the progress of your chosen calling, something towards the dethronement of what is wrong, and towards the inspiring of broader, nobler, and loftier ideals. In so doing, you will add not only to the prestige and honor of your Alma Mater, but to the profession generally.

With this thought before us, it may be well to glance first at the varieties of service open to the trained nurse of to-day, and how she may make the most of these opportunities.

Time was when nurses only cared for the sick in hospitals or homes, than which no woman can ever hope to perform more noble, womanly, or Christ-like service. Nevertheless, in the work of social and moral reform, now making such rapid progress the world over, it has been found that the trained nurse may be reckoned with as an important factor, and to-day, when the demand for the broadly intelligent, and better trained woman, is greater than the supply, the well-trained nurse finds herself in the enviable position of a trained worker, who may choose the

particular branch of service most congenial to her, or in which she can be most useful.

An illness which necessitated the services of a trained nurse led the late William Rathbone, of Liverpool, England, to consider the desirability of providing the sick poor with experienced nurses in their own homes. In this way the district, or home-visiting, nurse originated. This is only one of the many branches of nursing which claimed William Rathbone's enthusiasm, his wealth, and his marvellous power of hard work, and yet it was the branch he loved the most.

From this good seed sown so many years ago have sprung hundreds of district-nurse organizations in Great Britain, one only of which may be mentioned, viz., the great national organization known as Queen Victoria's Jubilee Nurses, which has the support of the present Queen, and also of Florence Nightingale. In England this organization has 431 affiliated societies, in Scotland 193, in Ireland 89, and Wales 87, in all 485 societies, with a total of 1,537 nurses engaged in this beneficent work. The latest report of this large society states that the whole world is suffering from lack of suitable women to take up this work, and this scarcity is considered due to the fact that so many doors are opening in other directions for the class of women required.

The United States, with its 200 affiliated district or visiting nurse organizations, stands next in importance in this great work. Here we find such associations caring not only for the sick poor, but they have become potent factors in social and moral reform as well.

Their work among the immigrants in endeavoring to uphold the laws which relate to child-labor and sanitary and moral prophylaxis can hardly be estimated. The work of one nurse in this regard has been found to be of such service to the community in which she resides that the Board of Health has appointed her as one of its regular officers.

At the great national Conference of Visiting Nurses, to be held in Chicago on the 25th instant, such questions as "Visiting Nurses and the Housing Problem" and "The Visiting Nurse in the Prevention of Infant Mortality" will be discussed.

Canada also is coming well into line through the work of the Victorian Order of Nurses, and other similar visiting-nurse societies, but the field is large and ever increasing, and the laborers are indeed comparatively few.

Nurses' Settlements have been in operation on both sides of the Atlantic for many years. I have in mind one such settlement in New York City, which was undertaken by two earnest, philanthropic nurses, about fifteen years ago. This settlement keeps a large band of trained nurses employed, who every year make thousands of visits to the sick, among the home and foreign population, in the poorer districts of that large city, and treat

FACULTY,
GILL
VERSITY

thousands of cases of first aid. This settlement has its town and country house, where, in the former, classes in a variety of subjects are taught, such as household and home-making duties, and in the latter, country-food and air is provided for those who could not otherwise afford this necessity.

The latest work this settlement has undertaken is to supply a study-room for the use of Public School children who have no quiet place at home, in which to prepare their lessons. It contains comfortable chairs, tables, and reference libraries, with a woman librarian, who is able to help those who require it. This room is so much needed that there are lines of children waiting outside for a vacant chair.

Next in order, and the direct off-shoot of the settlement and district-nurse, is the School nurse, whose work, under the direction of the Medical Officers of the London School Board, was begun in the City of London, England, about eight years ago, and found its way to this continent two or three years later.

It is the duty of the School nurse to attend to the general cleanliness and health of the pupils, to report cases of deafness, imperfect eyesight, skin eruptions, and apply such treatment from day to day as may be directed by the medical officers. If need be, she follows the children to their homes to see how they live, or to give such instructions as will improve the conditions of living, reporting also to the proper bureau, destitution in families, bad sewers, or children with contagious diseases, working on clothes in sweat-shops. These nurses may be regarded, therefore, as sanitary-missionaries, and New York City alone supports 75 such nurse-missionaries, at a yearly salary of $900 each.

In the present-day crusade, which has been waged against what is known as the white plague, or tuberculosis, the trained nurse finds herself in the front of the battle. On the *tuberculosis-nurse*—who may be termed a district-nurse specialist—is placed not only the hygienic care of the tuberculous patient in the home, but she is also responsible for the instruction of the family, so that tuberculosis may not be a source of danger in the community. She must, if possible, see that too many are not crowded into an infected room, must report not only cases, but houses, attend to the clothing of the patient who dies of this disease, and, in many instances, to the fumigation and disinfection of the rooms thus occupied.

And now, may I remind you, that in any of these departments of service, together with that of the army and navy, in the Red Cross, in home or foreign-mission fields, you, as twentieth century trained nurses, may choose where you will serve.

The standard of training and excellence in the school from which you are graduating to-day is known and recognized. You are to be congratulated upon your choice of a school so advanced and so progressive.

As the years pass, you will realize more and more your indebtedness to your principal and to the school whose diploma you hold, and with this realization should also come the sense of added responsibility, for, "To whom much is given, of them also shall much be required."

This brings us naturally to consider that the ceremonies of this evening mark, to some extent at least, the beginning rather than the end of your work.

I mention this, that you may recall those beautiful words of Matthew Arnold's, in which he tells us that "The true end and aim of life is the endless expansion of its powers, in endless growth, and wisdom, and beauty—not a having and a resting, but a growing and becoming."

How, then, may each hope to attain that which is desirable and ideal, not only in the calling you have chosen, but in life itself.

* * * * * * *

To the superficial observer, you have only been engaged in making beds, bearing the numberless annoyances which sickness entails, and attending to the hundreds of petty duties which go to make up the thrice three hundred and sixty-five days allotted to your training. Nevertheless, consciously or otherwise, you have been engaged in a much grander, nobler, and more lasting work, viz., that of the formation of character. That you are more kind, considerate, intelligent, capable to-day, than you were three years ago, proves this, and this result dates back to that hour in your life when the decision, "I will be a nurse," was reached.

There is a great deal in the world that is delightful and beautiful, there is a great deal that is great and engrossing, but it will not last. Let us, therefore, address ourselves, at any cost, to the cultivation of the only thing which *will last*—the only thing which, when all else drops from our grasp, we will carry with us into the Beyond.

The foundations are already laid in our nature; in each of us there are promises of a growth, to which no limitation can be set. Therefore, "Whatsoever things are true, whatsoever things are honorable, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, *think on these things.*"

Mary Agnes Snively,

Lady Superintendent, General Hospital.

Toronto.

THE PATIENT'S FRIENDS.

While we all recognize that the Nurse's first and great consideration is her patient, we do not lose sight of the fact that the patient's friends have a claim to some attention.

A beloved one is seriously ill. Naturally the friends are anxious and worried, and, as a consequence, are apt to see things through blue glasses. The nurse may do much to dispel the gloom, lighten the burden, and renew the courage of these tried ones. Therefore give kind and sympathetic attention to their questions and strive to soothe their anxieties by your own assured confidence. Just be the comfort it is your privilege to be.

But we occasionally meet friends who desire to have things done as they say, who do not really mean to be meddlesome, but, in plain English, that is precisely what they are. Here is a problem for the nurse that requires all her tact and forbearance to solve in the right way and so do the best for all concerned. These well-meaning ones must be plainly but kindly shown that the doctor's way is the best for the patient. That is the point. All other plans and suggestions must be kept in abeyance for the present.

Are you in doubt as to what course to pursue? Just imagine yourself in the friend's place and then inquire "what would I like done?" and you are not apt to err in your conclusion. Much unpleasantness may often be avoided by this process.

Then again among these anxious ones there is sometimes one who impresses us as being more concerned than the others. The nurse is not slow to draw inferences and neither is she slow to plan to enhance her patient's happiness. Happiness is an excellent tonic, you know, none better.

Yes, the nurse's province is a wide one and her presence in a home influences many lives. Let her see to it that this influence is a beneficent one and that all are helped who come within its scope.

BELLA CROSBY.

MILK IN THE INVALID'S DIETARY.

When a fluid diet is prescribed for invalids, almost instinctively one thinks of milk as forming a considerable part of it. In some, perhaps most, such cases, it seems the ideal food. In others, it, for some reason, proves far from ideal. When milk fails to meet the needs, it is not infrequently found that very little care or thought has been taken in administering it or modifying it to suit the patient's condition. This is especially true in dealing with certain classes of typhoid fever patients. We are learning slowly that in all foods the way, or the condition, in

which it is prepared, and eaten, has a great deal to do with good digestion.

Perhaps one of the first lessons a nurse needs to learn about milk, is that, though it is a fluid outside the body, it very quickly becomes a solid when it comes in contact with stomach juices. If it is taken very slowly, about a couple of teaspoonfuls at a time, and that held in the mouth long enough to become thoroughly mingled with saliva, the milk will not be likely to form into a tough indigestible curd that is liable to cause distress, to be rejected, or to pass undigested through the whole intestinal tract. Milk is a food which should be eaten rather than hastily gulped down.

When starting in on a milk diet that is likely to be continued for some time, or if the invalid has a deep-seated prejudice to milk, it is better to start with small amounts at a feeding, say a half ounce, given quite hot or quite cold, and repeated in fifteen minutes or thereabouts, until he finds that he does not reject it. When he is convinced that it does not disagree, as he was sure it would, the amount can be gradually increased till he is taking his full dose every two or three hours.

In improving the digestibility of milk, there are a great many devices and methods with which every nurse should be familiar, and by all means she should make a close study of her patient's digestive symptoms. The addition of lime-water is well known. It is well to remember that where constipation exists the use of lime-water is apt to aggravate the trouble, though it is a help when nausea and diarrhœa have to be controlled.

Barley water and oatmeal water are both excellent aids in making milk more easily digested. There is just starch enough in these fluids to check the formation of the milk into the dense, cheesy curds which may prove an irritant to the whole intestinal tract. These fluids are especially valuable in diluting or modifying milk for children. When obliged to choose between the two, bear in mind that oatmeal has a slightly laxative effect, and barley water the opposite. If there is nothing in the condition of the stomach or bowels that forbids, a cracker or a bit of bread given a child or adult with a glass of milk will answer a purpose similar to the cereal waters.

Junket is milk which has gone through the first stage of digestion, and can be used in practically all adult cases where a milk diet is being use. It can be flavored with different flavoring substances, and quite often a patient will be delighted with the junket when he was tired of plain milk. It seems more like getting something to eat, which is quite a consideration in some cases.

Equal parts of milk and hot water will often be retained by feeble stomachs when the pure undiluted milk would disagree.

Also equal parts of concentrated chicken broth and milk make a very delicious drink by way of variety.

In the later stages of typhoid fever, before much variety in diet is permitted, a cup of coffee made with milk is relished as a hot morning drink by almost all lovers of coffee. For this, about four ounces of milk should be heated, but not allowed to boil, and about two tablespoonfuls of freshly-made black coffee added.

Cottage cheese, which is milk from which the cream and whey have been extracted, is a valuable food, and relished by many patients. It contains the casein, the nitrogenous element of the milk. In cases where there has been much tissue waste, this food is much better adapted to repair the waste than many other foods.

Some eminent authorities advise the use of about ten grains, or a saltspoon, of baking soda, to a glass of milk, instead of lime-water, where there is a tendency to hyperacidity of the stomach.

Albumenized milk, as used in the United States Army, is made by beating the white of an egg till light, but not stiff, adding a pinch of salt (and sugar, if desired), and stirring it into four ounces of cold sterilized milk; or equal parts of milk and sherry may be used occasionally for variety's sake. This combination is especially valuable in typhoid fever, where emaciation is very rapid.

It is stated by some good authorities that digestion is always better at the time of day when the fever is lowest, and that it is advisable to increase the amount of food at those periods, and slightly lessen it when the fever is at its height. Where the milk seems to be well digested, no sign of curds in the stools, no tympanites, and the tongue seems clean, and still there is rapid loss of flesh early in the disease, it is a pretty fair indication that the patient is not getting enough food. On the other hand, if the opposite of these signs is seen it is well to ask whether too much milk is being given or whether there have been faults in administering it. It may need to be peptonized or predigested in some way. It may need some other method of dilution or modification. These are cases on which much depends on the observing powers and judgment of the nurse.

Quite often buttermilk will agree with patients who constantly complain of biliousness or distress after taking sweet milk. Some very excellent results have been observed from adding buttermilk to the diet of frail, poorly-nourished invalids, especially those of a nervous type. In such cases it is best taken as a beverage between meals. For increasing the flow of milk in a nursing mother, buttermilk also has yielded most gratifying results. Not a few European authorities highly recommend buttermilk modified, as a food for infants, especially those with gastro-intestinal troubles. Several United States hospitals have tried it, but opinions regarding its value are exceedingly conflicting at present. One

Chicago hospital reports giving it a trial and speedily abandoning it.

The whole subject of milk is one which will bear a great deal of study from every practising nurse. New ways of administering it and disguising its taste are things on which every nurse ought to be able to report progress in her methods from year to year.

C. A. AIKENS.

THE CARE AND TREATMENT OF THE CRIMINAL.*

In a crude way we admit that on general principles it is in the interest of the State that the true criminal should be locked up and subjected to proper treatment.

The question is—What is the proper treatment? not only in the interest of the criminal himself but for the protection of the rights of the State.

Defect must not be confounded with disease if we are to discuss this question intelligently.

Criminals should be classified much as follows: The Criminal insane, Moral imbeciles, Instinctive criminals, Habitual and Professional criminals, Accidental criminals.

The criminal insane—a much greater class than is ordinarily supposed. Owing to the unsatisfactory methods they frequently go unrecognized, although Canada is slowly improving in this matter and battles in court between experts and lawyers are gradually becoming fewer.

A visit to the Penitentiary reveals the fact that even victims of gross brain disease pass into that institution unrecognized.

Moral imbeciles—Persons absolutely defective in the moral sense and ordinarily deficient in intellectual qualities as well. These people not necessarily vicious, but commit their crimes because of their want of all sense of responsibility. All should be under care where they are easily managed.

The instinctive criminal is the greatest scourge society has. These people are not only mentally but also physically abnormal. Their depravity is absolutely beyond reach, their claims to mix with society untenable and their degeneracy a menace to others not so low in the social scale.

The occasional criminal is not so far removed from the normal. Environment and circumstances favorable to his fall his greatest menace. From his ranks the habitual criminal is largely recruited.

Our reformatories and prisons not built with the slightest

---

*Abstract from an address read at a recent meeting of the Graduate Nurses' Club, Toronto.

recognition of proper classification and the law wrong in fixing a definite term for punishment. The very word "punishment" ordinarily a mistake and *scientific justice* administered by the average sentence not attained. Society must protect itself, but the highest kind of protection not reached when punishment is aimed at the offence alone. It does not accomplish what it sets out to do and ordinarily ignores social conditions and defective institutions which produce these outcasts from society.

No provision made for proper treatment of the insane criminals. Moral imbeciles not recognized by law, whereas they are well known and understood in institutions for the insane.

The instinctive criminal should never be given liberty; should never be allowed to associate with other classes of criminals, but should be kindly and carefully treated in a properly constituted prison, for his own sake and for the sake of society. Where possibility of reformation takes place everything should be done to achieve a good result. The suspended sentence and parole system are useful and the proper development of the indeterminate sentence absolutely necessary. It is impossible for a judge to determine what should be the sentence of any prisoner during a brief study of his case before a jury. It is not the desire of rival counsel to bring out the true facts of any case.

The ideal prison should have at its head a commission of the best judicial and scientific men the country can produce and this should suggest the rational treatment in each particular case.

The ideal reformatory should be equipped first with a broad-minded commission at its head and its officials should be well educated and possessed of an intelligent conception of the nature of criminals. In other words, each reformatory should be a large moral hospital rather than a prison, where every criminal admitted would be studied and classified in a way that would be of most benefit to him and to the State at large. The system of allowing hopeful criminals back to freedom should be employed.

Great stress was also laid on the fatal mistake Canada is making in allowing the hordes of defective immigrants who are coming to our shores access to the country. Startling statistics, based on the admissions to Toronto Asylum were given, and it was pointed out that the proportion of insane among the people coming to Ontario just now was nearly thirty times greater than it should be under ordinary circumstances. The danger from the insane immigration was not the only thing to be feared, because the defective and criminal classes must be very largely represented and in future we shall have to pay the price. Much of this danger has been avoided in the past, but the present theory of pumping in the population, no matter from what source, is the greatest mistake politicians have ever made.

Asylum for the Insane, Toronto. C. K. Clarke.

THE CARE AND MANAGEMENT OF INCURABLES.*

MADAM PRESIDENT, LADIES, AND GENTLEMEN:—

To those of you who are engaged in the active pursuit of every new means that science can suggest to ameliorate or prevent the ravages of disease in all its acute stages, the care of the hopelessly chronic cases will naturally appeal but slightly. Nevertheless, I feel that an appeal should be made for the "Incurable," not only to members of the medical profession, but to the laity as well.

The term "Incurable," unfortunately, may apply to both young and old, and what tugs at the heart-strings more than the sight of an incurable child? No longer ago than last week I went to the bedside of one of my youngest patients, a girl of twenty-two, who has been bedridden for some six or eight years with hip-joint disease. Usually she is bright and happy, but on this occasion I found her in tears. At first she refused to tell me the cause of her grief, but as I gently insisted, in order to make her more comfortable, if possible, she finally sobbed out, "Oh, Miss Gray, it is so hard to think I shall never be like other girls." What invention of science would you suggest in a case of that kind?

* * * * * * *

The aged and incurable do not always receive the attention they merit, either in homes or hospitals, more especially the poor. There is a tendency nowadays, which medical men cannot ignore, to let old people and chronics take their chances. The poor man can work no longer. He is an incubus to his relations. He is dependent upon others to feed and clothe him. What wonder that he is neglected and dirty, and very quickly dies? With the rich, the relatives will benefit by the demise of the feeble invalid, and sometimes even wealth does not secure attention. As an illustration, I would like to make brief mention of a case of advanced Rheumatoid Arthritis, which was sent to us from an eastern town. His people were well-to-do. He had a comfortable income of his own. They were paying a male nurse $10.00 a week to look after him. There was very great deformity of the limbs and feet, sight entirely gone, circulation very poor, causing an œdematous condition of the feet, with this desquamation leading on to ulceration, caused by lack of proper attention. We learned that the only dressing this unfortunate man's feet received was a liberal administration of talcum powder at such times as there would be any indication of an eruption or oozing through the thick crust that enveloped them. Both feet were literally caked with it. They were never washed nor cleansed. They appeared to be in plaster moulds. The man lived three months after coming to us, and, although most careful attention was given to the case, it was two months before the ulceration was healed and the scales removed.

*Read before the Canadian Hospital Association.

Then, too, we get numerous cases from homes and other institutions as well, where patients have been over-stimulated and drugged from a mistaken idea of keeping them quiet, instead of treating their condition. Sometimes it takes months to reduce them to a normal and reasonable way of living. I regret to say, we get more bedsores and evidences of neglect from other hospitals than from any other source.

In hospitals, physicians and nurses are so on the *qui vive* to make records in restoring health to those overtaken by acute diseases they have little time to devote to the one who is to be always "shut-in." He, or she, is promptly dubbed rather a nuisance, and the poor patient soon arrives at the same conclusion.

Clearly, there is but one reasonable solution of the problem: there must be suitable places provided for these sufferers. There should be more of them in Canada, and those that we have already should be larger.

Before speaking of the general management of such institutions, perhaps it would be as well to mention the nature of the maladies of those who, as a rule, seek admission. Out of 140 patients, we have 26 suffering from rheumatism, 49 from hemiplegia and paraplegia, 10 various forms of neurasthenia, 5 paralysis agitans, and locomotor ataxia, and a great variety of individual cases, such as progressive muscular atrophy, erythromelalgia, etc., etc.

Now, with few exceptions, there are certain symptoms which are common to most of these disorders. For instance, you will find a marked lack of resistance to cold. The circulation is feeble and the blood current in the distant vessels languid, owing to their enforced inaction. They flourish best, therefore, in warm, sunny weather, and, through the cold and wet seasons, in order to ensure their comfort, we find it necessary to keep the temperature of the wards up to about 70 degrees during the day. Then, again, their digestion is slower and very often weaker. The gastric tubes and peptic cells are in a condition of atrophy, rendering it necessary that their diet should be carefully selected, as ordinary food will not nourish them. We find it absolutely necessary in very many cases to cater to the individual needs, as a regular routine dietary cannot possibly be adapted to all.

Then, the renal secretions very frequently are altered, and often inadequate, and consequently the emanations from the skin and lungs are very offensive, making it necessary to pay the strictest attention to regular bathing and changing of clothing and bedding, washing of walls, and the utmost rigidity regarding ventilation.

The decay of the mental faculties is a feature very often to be considered. It takes away nearly all power of occupation and amusement, and in this way reacts on the bodily health. To counteract this, every effort should be made to entertain and amuse. Through the winter season we find it advisable to

have a regular succession of concerts and entertainments of various sorts. The effect on the spirits and flagging energies is very gratifying. A good concert gives food for thought and conversation for days, and, besides, keeps the patients, in a small degree, in touch with the outside world, so that they feel in a way they are still a part of it. Regular religious services are held, both Sundays and week days, which places the daily living on the basis of a Christian family life.

Now, as to the actual care of the patient, I will not need to explain to an audience of this kind how much depends on careful nursing. Take, for instance, an institution where there are forty patients absolutely helpless, with the natural functions deranged in many cases—the care of these alone, keeping them clean, well-nourished, free from sores or irritations, encouraging them, never allowing them to feel that they are incumbrances, the deft and gentle handling of the sensitive and pain-wracked joints, the patient bearing of the continued repetition of peevish and ill-natured complaints—the tolerant forbearance under all circumstances, because, as you must understand, the "Incurable" considers himself quite capable of diagnosing his own case, and ordering his own treatment, and woe to the unwary nurse, or doctor, who expresses an opinion contrary to his ideas.

The great principle in treatment is to keep up the general health. We find in the majority of cases that are admitted a very marked improvement in a few months. Many cases who have come to us bedridden from other hospitals have been able in a short time to walk about, and, although not cured, still able to enjoy life, and wait on themselves.

We encourage them in every way to occupy themselves in some useful way, which serves as a means of exercise, and also occupies the mind and keeps them from useless brooding. Then, from early spring until late in the fall, we insist upon their being wheeled out into the fresh air and sunlight. Our large verandahs are always well filled. It is remarkable to find how many superstitions there are about the bad effects of light and air. Many of the patients will find ingenious excuses to prevent being placed outside even in the balmiest weather.

As to medicinal treatment, it consists mainly of tonics and alteratives. Narcotics are dangerous, and are avoided as far as possible. Placebos are always in order. Drastic purgatives are rarely required. Artificial digestive preparations are of much value in disorders of digestive origin. We find it good to discontinue tonics for awhile, and resume them later.

Then, as to the physical treatment, in addition to regular bathing, we have found massage of very practical value. Even although stiffened joints could not be liberated, there has always been a general improvement in the tone of the whole system. We have also found the various mechanical vibrators of use and benefit. We have used the galvanic battery in many cases, too,

with good results. The value of suggestion in all such treatments must not be under-estimated. There are few who do not acknowledge some improvement, from the bare fact of having something done.

As to discipline, we find it necessary to exercise considerable firmness. There is a tendency on the part of those who have been long in residence to become dictatorial and interfering, even with those in authority. Then, as far as intercourse with each other is concerned, we aim, as far as possible, to place those who seem congenial in the same wards. The life is really a community life. There are rules and regulations and restrictions and privileges, there are the petty jealousies and rivalries, and absurd questions of precedence arise from time to time, that make it necessary for one to be veritably an arbitrator, who must use very fine discrimination.

In conclusion, I would say that the great fundamental principle which is involved, which surrounds and envelops the care of every afflicted person, man or woman, is sympathy, the "touch quality," as Ruskin puts it—the putting of ourselves in the place of those who are forever laid aside from this world's work—the feeling what is must mean to be called "Incurable"—the realizing of the awful hopelessness of it. Then, and then only, do our spirits rise to meet the occasion. Then does the divine command come to us with clearness and force: "Bear ye one another's burdens and so fulfil the law of Christ."

The following lines so fully present the sad outlook for stricken sufferers, I ask your forbearance while I read them:

"Folded Hands."

"I toil no more—my day is done;
How much I wrought I may not know;
I watch the low, descending sun,
And see the night approaching slow,
My day's work as it is must stand,
For labor's joy no more is mine;
The tools drop from my nerveless hand,
My dim eyes see no mark or line.

"The pleasant labor of the day,
The following hours of welcome rest—
Those from my life have passed away,
No longer has it aim or quest;
I sit and wait—and all the hours,
The happy past before me stands;
With dimming eyes and failing powers,
I live the life of folded hands."

MILDRED GRAY,

Superintendent Hospital for Incurables, Toronto.

MONTREAL BRANCH.

THE year 1907 has seen a steady increase in the extent and scope of the Victorian Order in Montreal, a constant increase in the number of nurses and in the number of districts under their charge, and a gradual, but steady, growth of public recognition, with prospects of still larger usefulness.

There are 18 nurses regularly employed in the different districts, and the number should be increased, so great is the demand for their services from all parts of the city.

At present there are five districts under the care of the Order. Miss Lynch, who has been in charge in Montreal so long, has control of these districts.

Two hundred and twenty-five doctors employ the V. O. nurses constantly and acknowledge the benefit of their services.

Under the auspices of the Natural History Society of Montreal and of the Local Council of Women the nurses have given a short course of lectures on district nursing. In view of the very heavy death rate in this city, especially among young children, it is of great importance that information should be given as to the care of infants, proper feeding, clothing and bathing. The fact that the nurses are known and have given practical help should impress an audience and make it sympathetic and willing to learn.

A POST-GRADUATE course in District Nursing, four months, is given at one of the Homes of the Victorian Order of Nurses, either in Ottawa or in Toronto. For full information, apply to the Chief Lady Superintendent, 578 Somerset Street, Ottawa, or to the District Lady Superintendent, 206 Spadina Avenue, Toronto.

The Guild of Saint Barnabas

"Je le pansay ; Dieu le guarit." [I tended him ; God healed him.]
—*Ambroise Paré.*

The following is an extract from an address by Dr. Oswald Browne at the Anniversary Guild meeting in London:

"I know something about nurses . . . . how the life that is in theory so attractive, tends inevitably in sterner practice to settle down into monotony and commonplace, how the hourly demands that are made each day upon you try your temper and your strength, how even the most willing hands sometimes hang down, and knees become feeble, and stout hearts faint. Yes, and it is just because I know it all, that I love and rejoice in this Guild of St. Barnabas.

Cling to the Guild, enter more and more into its spirit, let it become as it may become, increasingly a great support and strength and encouragement of your lives. Cling to it, let the daily prayer be daily said, come regularly to the meetings, be keen, enthusiastic, faithful members of the Guild. I think if Life teaches us one thing more than another it is this—that it is impossible to set limits to the good that may result from even one faithful life. As you go to your work each day remember who it is that said, "Even the son of Man came not to be ministered unto, but to minister." And as you come back weary and jaded from it remember for one moment who it is that says "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto Me."

And so I pray God's blessing upon the Guild of St. Barnabas—upon the Guild and all its members. May He who has given you all this work to do for Him be with you as you do it, and be Himself

In every difficulty, your Guide,
In every temptation, your Defence,
Your strength in weakness,
And in weariness your Rest."

My Scallop-Shell of Quiet

GIVE me my scallop-shell of quiet,
My staff of faith to walk upon,
My scrip of joy, immortal diet,
My bottle of salvation,
My gown of glory, hope's true gage;
And thus I'll take my pilgrimage.

Blood must be my body's balmer;
No other balm will there be given;
Whilst my soul like quiet palmer
Travelleth toward the land of Heaven;
. . . . . .
My soul will be a-dry before,
But, after, it will thirst no more.

—*Sir Walter Raleigh*

THE ANGELS.

How oft do they their silent bowers leave,
To come to succour us who succour want!
How oft do they with golden pinions cleave
The flitting skies, like flying pursuivant,
Against foul fiends to aid us militant!
They for us fight, they watch, and duly ward,
And their bright squadrons round about us plant,
And all for love, and nothing for reward—
Oh, why should Heavenly God to man have such regard?

—*Edmund Spenser.*

BE STRONG.

Be Strong.
We are not here to play, to dream, to drift.
We have hard work to do, and loads to lift,
Shun not the struggle; face it. 'Tis God's gift,
Be strong.
Say not the days are evil—Who's to blame;
And fold thy hands and acquiesce—Oh, shame.
Stand up, speak out, and bravely, in God's name.
Be strong.
It matters not how deep entrenched the wrong;
How hard the battle goes, the day, how long.
Faint not; fight on.
To-morrow comes the song.

There are men whose love throws out sympathies on all sides, invents obligations where no claim could be enforced, and breaks through restrictions naturally hindering them from interference. So far from seeking excuse for not helping, they invent excuses for helping, or are unconscious that excuses are needed. Of this class of men the Good Samaritan is the immortal type—the once-drawn picture of the Master-hand that needs no added touch. In him you see that it is love that makes the difference; that in the time of need a compassionate heart is to more purpose than any tie, engagement, office, or bond. MARCUS DODS.

The Canadian Nurse

VOL. IV. TORONTO, JULY, 1908. No. 7.

Editorial.

A CANADIAN NATIONAL COUNCIL OF NURSES.

We heartily endorse the suggestion of Mrs. Bedford-Fenwick that the time has come when Canadian nurses should consider national organization. It was one of the chief purposes in the mind of the founders of THE CANADIAN NURSE, and we hope the time is not far distant when our national nurses' magazine shall chronicle the formation of a National Association of Nurses.

THE NURSE'S DAY.

Few wage-earners work twelve hours, or more, a day, and, great as are the responsibilities of the nurse to the hospital, it should not be forgotten that the responsibilities of the hospital to the nurse are equally great. It is evident that the time is coming when these relations will need to be re-studied and re-adjusted. The petition of the nurses in the Toronto General Hospital for an eight-hour day is a sign of the times.

Moreover, it is a very serious indictment against Hospital training that there is a general impression that nurses in the last year are broken down in health. We have no hesitation in saying that Hospital nurses, as a rule are worked too hard, and have too long hours, or, what is the same thing, not enough time off duty. An excellent symposium on this subject was published on June 1st in the *National Hospital Record*. It seems to be the general opinion, as expressed in the *Record*, that two relays of nurses, with longer off-duty hours, say two or three hours per day, with a half-day each week, and special rest-hours for Sunday, is the best solution of the problem. The Superintendent at Toronto General Hospital, with all the difficulties of the situation before her, has succeeded in giving the 127 nurses now on duty there a half-day, beginning at 12.00 noon, each week, for the summer at least. The broader and more unselfish the outlook, both of the Hospital authorities and the Nurses, the sooner the situation will improve. There is not a little truth in the somewhat extreme letter which recently

appeared in a Canadian paper, "Nurses as Martyrs." Yet in this occupation, as in every other, though there are martyrs, saints, and heroes, the great majority are good average ordinary women, and too much should not be expected of them.

A WELL-EARNED VICTORY.

The House of Lords, by a vote of 53 to 20, promptly rejected the "Nurses' Official Directory Bill." As our readers will remember, this was an extraordinary attempt, on behalf of certain persons, to usurp authority over the whole nursing profession, without ever even consulting them. They asked for bread—that is, for Registration—and this Bill would have given them a stone. But the *British Journal of Nursing*, whose motto is *Semper Paratus*, and whose editor never sleeps, warned the profession of the danger, and thus awakened, the Society for the State Registration of Trained Nurses took steps to bring their views to the attention of the members of the House of Lords, with the happy result chronicled above. As the *British Journal* says, this shows the absolute necessity for nurses having their own journals and their own organizations, and attending to their own business generally. Among the noble Lords who helped to defeat the Bill were the Archbishop of Canterbury, the Duke of Devonshire, the Marquis of Lansdowne, Viscount Milner, and Lord Stanley.

Editorial Notes.

UNITED STATES.

Lectures by Private Nurses.—It is announced that in the new Bellevue and Allied Hospitals, the course of the pupil nurses will be enriched by lectures on private nursing, by private nurses.

Los Angeles Nurses.—There are six city nurses in Los Angeles, three serving under the College Settlement and three School nurses serving under the City Health Officer. They help to nip threatened epidemics in the bud, watch carefully for cases of tuberculosis, and do good work among the mothers of the poor. The hours are from 8.00 to 5.00, and the salary $75.00 a month.

The Nurses' Associated Alumnae.—The California meeting was truly a great meeting. The official train, bearing about 100 or more officers and delegates, reached San Francisco at 7.30 a.m., May 4th, and business began at 8.30 a.m. that day, by a meeting of the California State Nurses' Association. The meeting of the Associated Alumnæ began the next day, and was thoroughly enjoyed by all. Time and space fail us to give any idea of the interest and importance of the meeting, even judging only from the excellent

reports in the San Francisco papers and in *The Nurses' Journal of the Pacific Coast.*

Annual Meeting of Superintendents of Training Schools.—The 14th annual meeting, held at Cincinnati, was a great success. The Mayor, the President of the Ohio State Medical Association, and the President of the Ohio State Federation of Women's Clubs, welcomed the Society, and to these addresses Miss Nutting of New York and Miss H. H. Scott of Chicago responded. Miss Greenwood, the President, was in the chair, and the Association did a vast deal of work. Among the papers of the three days' sessions were several on Dietetics and others, on "The Planning of Hospital Buildings," "The Nursing of Children," "A Nurse's Opportunity in Factory Work," and "Nursing in Diseases of the Eye and Ear." The new officers are: President, Mrs. Hunter Robb, Cleveland; First Vice-President, Miss Mary H. Greenwood, Cincinnati; Second Vice-President, Miss M. M. Russell. Miss Nevins, Washington, D.C., and Miss Anna L. Alline were re-elected Secretary and Treasurer.

GREAT BRITAIN.

Florence Nightingale's Carriage.—The carriage in which Florence Nightingale drove round to the Hospitals at the Crimea is to be seen at the Franco-British Exhibition in London. Many will look at it with feelings of deep interest. Here we cannot refrain from quoting some lines which appeared in the London *Times*: "This spirit of thoroughness added to her feminine sweetness and the deep wisdom which comes from knowledge and suffering and labour manfully attempted constitute the greatness of Florence Nightingale. It is half a century and more now since the days when in those 'long arcades of Scutari . . . dying men sat up to catch the sound of her footstep or the flutter of her dress, and fell back on the pillow, content to have seen her shadow as it passed,' and it is good for the glory of this country to think that she is still honoured among us, and that her failing years are passed in peace and cheered by the gratitude of the sons and daughters of the generation she succoured. Some of us had not, indeed, forgotten Miss Nightingale, but hardly believed that she was still among us, so quiet and unostentatious had been her life, although those in need of advice in organizing nursing and hospitals had never forgotten to turn to her. Now we may hope that the tardiness in paying some of the debt of honour due to her may be atoned in her eyes by the heartiness and enthusiasm with which the whole community have acclaimed its payment."

CANADA

A Nurse Not a Martyr.—Among the "Business Girl" Letters in a Canadian newspaper recently, "Experienced" writes that a nurse must needs be a martyr. But "A Nurse" writes soon after and strongly denies this, saying that she is honestly and truly thankful that she is a nurse.

Official Department.

THE ALUMNÆ ASSOCIATION OF THE COLLINGWOOD GENERAL AND MARINE HOSPITAL TRAINING SCHOOL FOR NURSES.

Officers for 1908-9: Hon. President, Miss Morton; President, Miss G. Morrison; First Vice-President, Miss P. J. Cottrill; Second Vice-President, Miss Ella Baker; Secretary, Miss J. E. Carr; Assistant-Secretary, Miss E. M. Dawson; Treasurer, Miss M. M Redmond.

Sick Visiting Committee: Miss Moore, Miss Robinson, Miss G. Morton, Miss Klinck.

The meetings are held on the last Thursday of the month at 3 p.m. in the Board Room of the Hospital.

TORONTO GENERAL HOSPITAL ALUMNÆ ASSOCIATION.

Officers, 1907-8: Hon. President, Miss Snively; President, Miss A. Muir, 505 Sherbourne St.; 1st Vice-President, Miss H. Fralick, 12 Selby St.; 2nd Vice-President, Miss M. Tweedie, 53 Langley Ave.; Treasurer, Miss Halbhaus, 12 Selby St.; Recording Secretary, Miss Mary Roberts, Grange Ave.; Corresponding Secretary, Miss Samson, 12 Selby St.; Directors: Miss Hall, Miss Burnett, Miss Crosby, 12 Selby St.

Conveners of Standing Committees: Sick Visiting, Miss Alice Stewart, General Hospital; Registration, Miss Lucy Bowerman, Sherbourne St.; Programme, Miss Ida Beam, Selby St.; Social, Miss Younger; Look-out, Miss Baldwin; Press and Publication, Miss M. E. Christie, 19 Classic Ave.; Representative of the Central Registry Board, Miss B. Crosby and Miss Purdy; THE CANADIAN NURSE Representative, Miss Frieze.

THE ALUMNÆ ASSOCIATION OF THE HOSPITAL FOR SICK CHILDREN TRAINING SCHOOL FOR NURSES, TORONTO.

Officers, 1907-08: Hon. President, Miss Brent; President, Miss Gowans, 5 Dupont St.; 1st Vice-President, Miss Barnard, 608 Church St.; 2nd Vice-President, Miss Ellrington, 15 Selby St.; Recording Secretary, Miss Sale, 116 Binscarth Rd.; Corresponding Secretary, Miss Robertson, 182 Walmer Road; Treasurer, Miss Mary Hill, 105 Roxborough St. East; Secretary of Invalid Cookery Book, Miss Mary Gray, 505 Sherbourne St.

General Business Committee: Convener, Miss Barbara Goodall,

666 Euclid Ave.; Miss Jenny Gray, Deer Park P.O.; Miss Bennett, 505 Sherbourne St.; Miss Kirkby, 266 Gerrard St.; Miss Adams, 85 Isabella St.; Directors, Miss Halley, 24 Elgin Ave.; Miss Leman, 20 Boswell Ave.; Miss Clark, 85 Isabella St.; Representatives to Central Registry, Miss Cooper, Miss J. Hamilton. Representative on Editorial Board of THE CANADIAN NURSE, Miss Hamilton.

Meetings are held on the second Thursday of the month in the Nurses' Residence at 3.00 p.m.

QUEEN ALEXANDRA'S IMPERIAL MILITARY NURSING SERVICE.

The following ladies have received appointments as Staff Nurses: Miss M. J. Jones, Miss M. A. Lovett, A.N.S.R., Miss E. Cooke, Miss M. J. Branson.

POSTINGS AND TRANSFERS.

Matrons.—Miss A. Nixon, to M. Hp., Shorncliffe, from S.S. *"Plassy";* Miss B. I. Jones, to M. Hp., Cairo, on arrival in Egypt. Miss L. M. Stewart, to M. Hp., Dover, from M. Hp., Canterbury.

Sisters.—Miss E. Body, to M. Hp., Dover, on return from Malta; Miss C. Mackay, to M. Hp., Gibraltar, from M. Hp., Shorncliffe; Miss H. M. Drage, to R. V. Hp., Netley, from duty on S.S. *"Plassy";* Miss E. L. McAllister, to M. Hp., Shorncliffe, from Q. A. M. Hp., London; Miss L. M. Moor, to M. Hp., Devonport, from M. Hp., Chatham; Miss K. A. Allsop, to M. Hp., Chatham, from M. Hp., Devonport; Miss E. C. Cheetham, to M. Hp., Pretoria, South Africa, from M. Hp., Potchefstroom; Miss A. Guthrie, to R. V. Hp., Netley, on return from South Africa; Miss A. F. Byers, to R. M. I., Dublin, from R. V. Hp., Netley; Miss W. Potter, to M. Hp., Canterbury, from R. M. I., Dublin.

Staff Nurses.—Miss A. R. Sibbald, to Cambridge Hp., Aldershot, from duty on S.S. *"Plassy"*; Miss M. Byerley, to M. Hp., Portsmouth, from duty on S.S. *"Plassy";* Miss E. J. Barrow, to Q. A. M. Hp., London, on appointment; Miss F. McClelland, to Q. A. M. Hp., London, on appointment; Miss C. Webster, to R. M. I., Dublin, on appointment; Miss I. J. Pooley, to C. Hp., Aldershot, from R. M. I., Dublin; Miss F. M. Tosh, to Egypt, from C. Hp., Aldershot; Miss A. A. Steer, to M. Hp., Cairo, on arrival in Egypt; Miss I. Harley, to R. V. Hp., Netley, on appointment.

APPOINTMENTS CONFIRMED.

Staff Nurses.—Miss M. McBride, Miss F. C. Craig, Miss E. M. Croisdale, Miss M. A. G. Martin, Miss E. A. Rutherford, Miss R. L.

Nevile, Miss J. McP. B. Smith, Miss E. A. R. Yockney, Miss M. H. Graham.

ARRIVALS.

Miss I. J. Jerrard, R.R.C. *Matron,* Miss D. D. Tripp, *Sister,* from Egypt.

C. H. KEER,

Matron-in-Chief, Q.A.I.M.N.S.

TORONTO CENTRAL REGISTRY THIRD ANNUAL REPORT.

Madam Chairman, Members of the Central Registry and Our Guests:—On this our annual meeting and third birthday there is little to report that is especially interesting with this exception, that the work of consolidation is going steadily on, and that we have developed from a nurses' society into a permanent and lasting institution, that is known and well thought of both in Toronto and the surrounding country, and that we are recognized as such, and our work as professional women acknowledged and appreciated both by our own and the medical profession. Yes, and I think I may say, the laity also, for there is nothing that the public so cordially endorses as "good work."

Early in March an honor was conferred on our Registry when the newly-formed Graduate Nurses' Association asked the Registrar to go down to the Capital and tell her sister nurses how our Registry was conducted, and it was her privilege and pleasure to see a second Central Registry started in Canada before she returned home. It is our great hope that some arrangement can be made between these Central Registries, so that a member desiring to nurse in another city will be accepted immediately without the necessity of having to send in a formal application and then wait for an indefinite length of time to be accepted. An official letter from her home Registrar on official paper should fulfill all requirements.

The past year has been an exceedingly trying one; the calls have been short and far apart, this condition being largely due to the financial stringency. Then, too, the past winter has been a healthy one, a condition for which we should be thankful when we think of the poverty and wretchedness that prevailed all about us. On many occasions during the winter various of our nurses helped among the suffering poor, embracing every opportunity that presented itself to do good work.

The following is a complete list of nurses up to date:

The Toronto General Hospital	99	Sick Children's Hospital ...	32
The Western Hospital.....	10	Grace Hospital	29

St. Michael's Hospital	23	Isolation Hospital	11
St. John's Hospital	3	Orthopoedic Hospital	3
Nursing at Home	1	Dr. Myers' Private Hospital	1
American Hospitals	29	Brit. and Canadian Hospital	29

Making a total of 271 nurses.

The following are the calls for the year:

Month.	Registry.	Personal.	Unanswered.	Total.
July	73	25	2	98
August	105	21	3	126
September	88	24	3	112
October	100	20	0	120
November	49	26	0	75
December	80	29	1	109
1908.				
January	114	34	0	148
February	104	18	2	122
March	112	21	2	133
April	109	14	1	123
May	134	24	5	156

The total amount for the year 1,322

Visiting nurse calls for the year, 53. The first year our calls numbered 550, increased to 1,451 the second year, with a decrease of 127 this year. This statement clearly shows what a poor year the nurses have had.

Out of our small savings it has been our pleasure and privilege to assist in some charity work. In one case we paid the nurse her full rates for two weeks and ten days, thereby saving a most useful life from what seemed a certain death from typhoid fever.

The second case was that of a little child practically dying from lack of actual care; he, too, is with us now, I am thankful to say.

A third case was a most desperate one, three of the family, who were living in four communicating rooms, being afflicted with diphtheria, the oldest girl dangerously ill; owing to the condition of her heart it was impossible to remove her to the hospital. At the beginning of the disease these patients were cared for by a practical nurse, who contracted diphtheria and had to be sent to the Isolation Hospital; then came the question of who could look after these afflicted people in this terribly infected house at the minimum rate of $12 per week. After many fruitless endeavors elsewhere, the call came to the Registry, and was immediately answered, the nurse who undertook the case having antitoxin administered at the urgent solicitation of the Registrar, but unfortunately the conditions were too severe, and she too contracted the disease and followed the practical nurse to the hospital. For the time she was on duty the

Registry compensated her, augmenting the original small sum, thus bringing it up to the correct sum, $21 per week.

During the winter we have had quite a number of positions to fill, nurses having been sent through the Registry to Cleveland, Cincinnati, Peoria and Baltimore, and several other cities on the other side, besides positions in Canada.

We are thankful to be able to report that there have not been any fatalities, although several members have been most seriously ill. To our esteemed chairman we owe a great depth of gratitude for the suggestion that the Registry should start a nurses' reference library in the proposed new club house. For this purpose the sum of $5 per month was cordially voted by the Registry Committee, the nucleus of the library being the "History of Nursing," by the Misses Nutting and Dock, and "The Ethics of Nursing," by Mrs. Hampton Robb. I need scarcely point out the importance of this gift. If each nurse would promise to contribute one book, then by the time the club house is opened we will be in possession of a valuable library that will be of the greatest benefit and pleasure to the members.

Before closing, I want to offer my most sincere thanks to the nurses for the good work accomplished by them during the past year; to my committee for their unfailing kindness and ready advice and help when needed, and, lastly, to our chairman, who has directed us so well by her interest and good judgment, and we cannot but feel that we are indeed fortunate in having the right woman in the right place.

There is a little announcement that I am anxious to make before closing, and it is this, that "The Brown Betty" now takes orders for invalid cooking, home-made cakes, travelling lunches, etc., all daintily put up by a trained dietitian, so if at any time you should require any of these delicacies please apply to 36 1-2 King St. East.

On behalf of my partners, I wish to cordially welcome you here to-night. We are delighted to have you, and trust that you will make yourselves at home and have such a really "good time" that you will return again, and often honor with your presence The Brown Betty.

E. B. BARWICK, *Registrar.*

TRUST in nothing but in Providence and your own efforts; never separate the two.—*Dickens.*

WE talk of success as an aid of life, but what better form can it take than that of easy sympathetic relations with everyone with whom we have to do.—*Lilian Whiting.*

Hospital and Training School Department.

Miss Ida F. Bulmer, late Superintendent of the Emily Balch Hospital at Plymouth, N. H., has been appointed Lady Superintendent of the Homeopathic Hospital, at Montreal.

Dr. H. A. Boyce, of Murray, Ont., has been appointed Superintendent of the Kingston General Hospital, to succeed Dr. A. D. McIntyre, who has resigned to go abroad for study.

The graduating exercises of the class of 1908 in the Winnipeg General Hospital Training School for Nurses took place at the Nurses' Home on Saturday afternoon, May 16th, 1908, at 3.30 o'clock. It was a memorable and happy occasion.

The following is the prize list: Highest General Proficiency, Miss Margaret Coltart; prize presented by the Ogilvie Milling Co. Bandaging, Miss Helen Beresford; prize presented by Mr. E. L. Drewry. Charting, Miss Emma M. Turner; prize presented by Miss E. M. Bain in memory of Mr. Justice Bain. Obstetrics, Miss Margaret Coltart; prize presented by Dr. D. H. McCalman. Practical Work, Miss Ethel E. Reid; prize presented by Dr. W. S. England.

The names of the nurses graduating are as follows: Helen Beresford, Lola Bell, Mary I. Burns, Margaret A. Coltart, Winnifred Keir, Isabel A. E. Lloyd, Mary Layton, Edith F. Macey, Jeannie Barty Morison, Margaret Ada McKay, Caroline McLachlan, Florence Pearl Poldon, Ethel E. Reid, Marie Campbell Stephens, Nettie Thompson, Annabella Taylor, Edith Taylor, Emma M. Turner, Frances C. Walker, Norma Turina Walker.

We hope to receive a fuller account of the proceedings later on.

The postponed April meeting of the Guelph General Hospital Alumnæ Association was held at the home of Mrs. Evans on May 29th. There was a poor attendance, the majority of the nurses being out of town on professional duty. A report of the annual meeting of the O. G. N. A. was read by Miss Walker and various business matters were discussed. It was decided to hold a reception at Hospital during Guelph's "Old Home Week" for all the graduate nurses of the school who may be in town for the occasion. Several new members were received, after which the meeting adjourned and a social hour was spent.

The annual meeting of the members of the Central Registry was held at the "Brown Betty" on Monday evening, June 1st. A goodly number of nurses responded to the invitation of the Registry Committee, who were delighted with the interest taken in their work of the year. The meeting was opened by prayer by the Rev. J. McP. Scott, after which the chairman in a very few words welcomed the members on behalf of the Committee and touched upon

some of the work done by the Registry during the year. The Registrar then read a most interesting report of the year's work, to which all present listened with marked attention. The nurses spent a most delightful hour in social intercourse and thoroughly enjoyed the opportunity of making new friends and of becoming better acquainted with the old. The Committee held a short business meeting at the close. The Registrar's report for May showed the members to number 271, with 2 applications. Calls—Registry, 134; personal, 24. Savings account, $504.00; current account, $100.95; in hand, $26.91.

THE graduating exercises of the Lakeside Hospital, Cleveland, were held at 4.00 p.m. on Thursday, May 28th, and the occasion was a great success in every way. Thirty nurses graduated.

NONE of the accounts of the graduating exercises in hospitals this year have been more interesting than that received of the proceedings in connection with the General and Marine Hospital, Collingwood. Much attention was given to the occasion by the local press, the *Collingwood Enterprise-Messenger* devoting almost one page to an interesting and complete account, the able report of the Superintendent, Miss Morton, being given in full.

The graduation exercises took place on Friday, May 15th, and were followed by a delightful reception.

Mr. Telfer, President of the Board of Trustees, was in the chair, and among others who took part were the Rev. Mr. McFarlane, Dr. McKay, Mrs. Barrett, Col. Bruce, Dr. Arthur, Rev. Father O'Leary, Dr. Connolly, Dr. Aylesworth, Mr. George Moberly and Miss Allan, who delivered the valedictory. Dr. McKay's address, and, indeed, all the addresses delivered, were remarkable for their eloquence and wisdom. We regret that space will not allow of our giving them in full. The Superintendent, Miss Morton, in her report, alluded to the improvements in the hospital and the nurses' rooms during the year, and to the prizes, the sewing machine and other gifts, saying, "How kind everybody is to us." A touching allusion to Mrs. Lett and the announcement that next year a gold medal would be presented for General Proficiency by one of the medical staff concluded the report.

A magnificent bouquet of American Beauty roses was presented to Miss Morton on behalf of the medical staff by the little son of Dr. Connolly. Mrs. Barrett presented the graduating class with pretty silver medals, her own gift.

The graduating class are: Miss Minnie Bond, Craigville; Miss Carolyn Morrison, Stayner; Miss Florence Simons, West Flamboro; Miss Minnie McDonald, Gibraltar; Miss Maude Boyes, Smithdale; Miss Anna Allen, Stayner.

THE formal opening of the new Orillia General Hospital took place on the afternoon of Thursday, May 28th. In response to invitations from the Hospital Board, a number of ladies and gentlemen

were present from Toronto and other outside places, and there was a goodly representation of the townspeople, nearly all the local doctors and clergymen being present. The opening ceremonies took place on the grounds in front of the main door, the speakers occupying the lower verandah, and Mr. T. H. Shepherd, President of the Hospital Board, presiding. Speeches were made by the President, by Mayor Curran, Dr. Ross, of Barrie, and by Dr. A. E. Ardagh, of Orillia, Chairman of the Building Committee, who presented the key to Dr. Bruce Smith, Inspector of Hospitals for Ontario, who had come from Toronto to formally open the new building. After an interesting speech, in which he congratulated the town on possessing such an excellent hospital, Dr. Smith opened the door and declared the building open for the purpose for which it was erected. After the opening ceremonies the Ladies' Auxiliary held a public reception and served refreshments to all visitors, both afternoon and evening.

The hospital presents a fine appearance with its broad white piazzas running all around three sides of the building. It occupies a high situation and affords an excellent view of the town and lakes. Inside it is well furnished and well equipped for work, the operating room in particular, with its sanitary finish, fine light, and modern equipments, comparing favorably with those of much more pretentious institutions. It opens with two public wards, two semi-private wards, and two private rooms, accommodating in all about twenty patients. Miss N. Johnston of Bradford, a graduate of the Toronto Western Hospital, was appointed Superintendent and assumed her duties in May. On the day following the opening patients began to arrive, and there are at present six patients in the institution. Miss Johnston begins with a staff of three probationers.

A NUMBER of prominent Toronto ladies are working for the Fair of All Nations, which is to be given next autumn by the Nurses' Club of Toronto. The object in view is to raise money for the proposed Nurses' Club. Progress is being made in furthering the arrangements for the Fair, and several ladies have undertaken booths, in addition to those already provided for.

MISS GRACE HOUGHTON (M. G. H.) has just been appointed Lady Superintendent of the Children's Memorial Hospital, Guy Street, Montreal. Miss Houghton was for two years Superintendent of the Sherbrooke Hospital.

THE graduating exercises of Owen Sound General and Marine Hospital Training School will take place on June 24th. The following is a list of the graduates: Misses Lynn, Walker, McLean, Jackson, Garbatt, Jack, McLaughlin, Mathieson. We hope to publish a full account of the interesting proceedings in our next issue.

MISS MURDOCH, who accepted the position of Lady Superintendent of the Stratford Hospital, and who was to have taken charge August 1st, now telegraphs that she cannot accept. A

special meeting of the Board of Trustees has been called to take the matter under consideration. Miss Murdoch telegraphed from Ancon, Panama.

THE Royal Victoria Hospital, Barrie, graduated a class of five nurses, June 5th.

St. Luke's General Hospital, Ottawa, graduated a class of six nurses, June 4th.

MISS J. E. WELSH has been appointed Superintendent of the General Hospital, Wingham.

MISS MILDRED GRAY, who has been Superintendent of the Toronto Hospital for Incurables, severed her connection with the institution on the 1st June, and Miss Helen Forsythe, head nurse, has been promoted to fill the vacancy.

THERE are at present eighteen counties in the Province of Ontario in which there are no general hospitals, namely, Addington, Dufferin, Dundas, Durham, Glengarry, Grenville, Haliburton, Haldimand, Halton, Lennox, Norfolk, Northumberland, Ontario, Peel, Prescott, Russell, Prince Edward, Welland. The last-named county is now building one in the town of Welland.

MISS HENDERSON, Superintendent of the Training School (R. V. H.), leaves for an extended holiday about the 1st July. Everyone in connection with the school will feel her absence most keenly, but feel that after her many years of untiring devotion to the interests of the Hospital and Training School she needs and deserves an entire rest, and they will look forward to the pleasure of welcoming her back at no very distant date. As a token of their affection and esteem, the staff and nurses of the Training School presented her with a pearl and diamond ring, hoping the wearing of it may be as much pleasure to her as the giving of it has been to them.

Very much regret is felt at the resignation of Miss Gilmour from the position of First Assistant Superintendent of the Training School (R. V. H.), the duties of which she has so efficiently and enthusiastically performed for several years. The staff and nurses of the Training School presented her with an opal and diamond ring as a parting token of their esteem. The Alumnæ Association especially feel her departure deeply, as it is due to her untiring efforts and zeal that it is in its present flourishing condition, with a large proportion of graduates as members and a sick benefit fund which, we trust, may be useful in times of need. As a slight token of their great regard the Association presented Miss Gilmour with a leather travelling bag, fitted with toilet articles in ebony. Miss Gilmour intends going to Labrador where she will take up work for the summer in one of Dr. Grenfel's hospitals, the one at Battle Harbor, where, we are sure, her work and her enthusiasm for everything in connection with the nursing profession will be of inestim-

able value. The good wishes of every member of the Alumnæ and Training School go with her to her new field of work.

During the past winter the Canadian Nurses Association has had the privilege of listening to five most instructive lectures given by the following, namely: Dr. D. E. Evans, Obstetrics; Dr. Chipman, Gynecology; Dr. C. Martin, on the commoner ailments of the digestive tract (with lantern slides); and Dr. M. Abbott, Diseases of the Lungs. To all of these physicians the Association feel their indebtedness for their valuable aid and hearty co-operation, and also to the Medico-Chirurgical Society for the gratuitous use of their rooms for the past two years.

Our closing meeting was held on April 7th. There was a large, representative gathering from various hospitals. Instead of the usual lecture, the evening was devoted to reminiscences. Several of the graduates gave very interesting instructive talks. Miss Baikie gave a demonstration of a unique way of preparing a room for operation in case of emergency in a private house, accompanied by some very practical hints, which was very greatly enjoyed and will prove most useful to all.

Miss Colquhoun went back to her early days in the M. G. H. She was most humorous at times, and then brought us back to the sadder side of life over the story of a little waif who had the *good* fortune to enter the M. G. H., as it proved a great blessing to him.

Miss Phillips gave a demonstration on modified milk. She went to considerable trouble and gave to those present much real aid on the feeding of infants.

Miss Ward delivered an excellent paper on "Our Association," pointing out our various privileges as nurses, and inspiring all to lift the standard high, and to attain to the truest, noblest ideal of a nurse, namely, a Christian, a gentlewoman, and a ministering angel. The evening was a most enjoyable one, and after a social cup of coffee, was brought to a close, all expressing their desire to hold similar meetings in the autumn.

The annual meeting of the Nurses' Alumnæ Association of the Kingston General Hospital, for the year ending May 15th, was held at the Nurses' Home on May 14th. A large number of interested friends were present and were welcomed by the popular and courteous Superintendent of Nurses, Miss Scott. The election of officers resulted as follows: Hon. President, Miss Scott; President, Mrs. Tilly; 1st Vice-President, Miss Baker; Treasurer, Mrs. Nicol. A splendid financial report was read by Mrs. Nicol, showing that the receipts from the booth which the nurses took part in the Made-in-Canada exhibition last fall were $291.51 in cash; credited goods, $344.10; a total of $325.61. A sewing machine has been purchased and presented to the Superintendent of Nurses for use in the Nurses' Residence. The total amount on hand in the Frontenac Loan and Investment Society is $59.94.

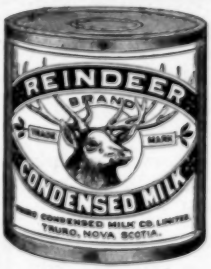
Summer Diet

for both nurse and patient needs care in the selection. In hot weather appetite is capricious but the nurse's strength, as well as her patient's, needs to be supported—for very often the recovery of the patient depends upon her untiring watchfulness.

Nothing so quickly restores the overtaxed strength as a cup of BOVRIL, or a glass of hot milk to which a spoonful of BOVRIL has been added.

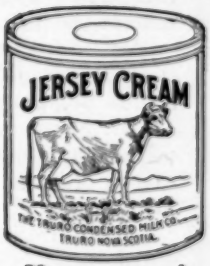
BOVRIL is the quintessence of beef and gives vigour and tone to the whole system.

A BOVRIL sandwich is easily made and is both dainty and feeding.



Sweetened

TRURO QUALITY BRANDS



Unsweetened

GUARANTEED PURE MILK
Condensed

The preparation of this milk is performed by scrupulously clean methods, without handling the milk at any stage.

TRURO CONDENSED MILK CO., Limited, TRURO, Nova Scotia

Miss Wylie sang "Killarney," and Miss Webster gave "Some Day When Dreams Come True," both very sweetly.

Dr. A. D. McIntyre gave his most excellent paper on "Fumigation," which he read at the meeting of the Provincial Hospital Association, Toronto, in April. At the conclusion Miss Baker proposed a hearty vote of thanks to Dr. McIntyre, which was seconded by Mrs. Nicol. A very pleasing feature of the afternoon was the delightfully informal tea which was served by the nurses. Miss Scott presided at the dainty tea table and a social half-hour was greatly enjoyed by all present. The meeting was a great success.

THE graduation exercises of the nurses of Victoria Hospital, London, took place in the presence of an audience that completely filled the Grand Opera House. The graduating class this year comprises Misses Allison Dickison (gold medalist), Clare Engeland (silver medalist), Ethel R. Reavely (bronze medalist), Edith L. Wilson, Edith F. McBain, Esther Mills, Teresa E. Walker, Mayme Webster, Flossie Steele, May Corcoran and Della R. McLoud. On the platform with the nurses were Mayor Stevely, who presided; Chairman Screaton, Rev. W. L. Rutledge, Dr. J. B. Balfour, Dr. J. S. Niven, ex-Mayor Judd, Trustee Jackson, the Lady Superintendent, Miss Stanley, Superintendent Heard and Miss Dulmage.

Rev. W. L. Rutledge addressed the nurses, and congratulated them upon the profession they had chosen as their life work.

Mr. Samuel Screaton administered the Florence Nightingale pledge, after which each of the graduates received her diploma amid enthusiastic appplause. Each young lady also received a magnificent bouquet.

Dr. Balfour addressed the nurses in a most interesting and practical manner, giving them much excellent advice and warning them against overwork.

Dr. Niven in presenting Miss Allison Dickison with the gold medal congratulated her upon the success she had achieved, stating that in order to win it, four years of the hardest work was necessary.

Miss Clare Engeland was presented with a silver medal and ex-Mayor Judd, in view of the fact that Miss Ethel Reavely was only a few marks behind Miss Engeland, donated a bronze medal to her as a special prize. Miss Reavely was also the winner of a special prize in surgery donated by Dr. W. A. Stevenson.

The graduation exercises were concluded by a short address by Mayor Stevely, in which he spoke in the highest terms of the hospital. Mayor Stevely presented each of the nurses with a handsome gold pencil, with their initials engraved thereon.

During the afternoon delightful solos were rendered by Mr. Cyril Dwight Edwards and Misses Lena Labatt and Edna Mortimore, pupils of Dwight-Edwards.

In the evening a most enjoyable "at home" was held in the

USED ROUND THE WORLD

Walter Baker & Co.'s

Chocolate and Cocoa

Registered U. S. Pat. Office

Absolutely pure, with a most delicious flavor, made by a scientific blending of the best cocoa beans grown in different parts of the world.

47 Highest Awards in Europe and America.

Be sure that you get the genuine with the trade-mark on the package.

Directions for preparing more than one hundred dainty dishes in our Choice Recipe Book, sent free on request :: :: :: ::

Walter Baker & Co., Limited

ESTABLISHED 1780 - - - - - DORCHESTER, MASS.

BRANCH HOUSE
86 St. Peter St., Montreal, Canada

Nurses' Home. The rooms were beautifully decorated. The evening was passed in dancing, after which refreshments were served.

ST. JOSEPH'S HOSPITAL, Sudbury, has been greatly improved by the new addition, lately completed, at a cost of $41,000. The number of beds for patients is now 125.

THE graduating exercises of the class of '08 of the Amasa Wood Hospital, St. Thomas, were held on Thursday evening, May 28th, at 8 o'clock. The Rev. Alfred Brown opened the proceedings with prayer, after which the President of the Board of Governors, Fred. Guest, and Mayor Geddes, Vice-President, gave addresses. The diplomas and medals were presented to the four graduating nurses, Miss Lottie Kelly, Watford; Miss Lillian Warren, Fingal; Miss Elizabeth Kennedy, Calder, and Miss Ethel Cook, Brownsville, after which Ald. Cormack addressed the graduates. Dr. Luton, Governor Meehan, Mr. T. Conley, Mr. Francis Hunt, and Principal Warner of Alma College also delivered short addresses, and solos were sung by Mrs. Kennedy, Miss Graham and Mr. Key.

THE exercises in connection with the graduation of the nurses of Rockwood Hospital, Kingston, Ont., were held May 30th in the Music Hall. Dr. Ryan, Medical Superintendent, in his opening remarks, said that Rockwood Hospital was the first institution for the care of the insane in Ontario to establish a training school for nurses; also that few hospitals had such exceptional advantages in the way of lectures, etc. In the absence of Dr. Barber he then called on Dr. Young, who congratulated the nurses on the excellent papers handed in at the recent examinations. He emphasized the fact that, although now they were graduate nurses, they should not cease to be students. After Dr. Young's address the prizes were presented. Miss Paynter, of Kingston, winning the gold medal presented by the Medical Superintendent, Dr. Ryan. The second prize, a silver-mounted thermometer, presented by Dr. Barber, was won by Miss O'Meara, Yarker, Ont.

The class pins were then given in the following order: Miss Paynter, Kingston, Ont.; Miss O'Meara, Yarker, Ont.; Miss O'Connor, Katrine, Ont.; Miss Granger, Kingston, Ont.; Miss Foster, Newburg, Ont.; Miss Laundrie, Ompah, Ont.; Miss La Fleur, Wolfe Island, Ont.; Miss Porter, Portsmouth, Ont.; Miss Glenn, Kingston; Miss Critchley, Harlowe, Ont.

In the junior class Miss Murray won first prize, an instrument case, presented by Dr. Young; Miss Burns second, "Practical Dietetics," presented by Dr. Barber.

The Hospital Orchestra rendered their usual good selections and dancing was enjoyed, after which refreshments were served and a pleasant evening closed by singing "God Save the King."

There are 29 nurses in training at present in Rockwood Hospital, Kingston.

A Tempting Delicacy for the Invalid

THE NURSE'S FAVORITE DIET for her patients during convalescence, when the invalid must be tempted to eat wholesome and easily digested food, is

SHREDDED WHEAT

Nature's perfect health food, it nourishes better than any other cereal. It is simply the whole wheat berry shredded, and made palatable—with health and strength in every shred.

It aids digestion and keeps the bowels in proper working order. Your patients will relish Shredded Wheat Biscuit and Triscuit.

It's all in the Shreds

Write for the Vital Question Cook Book.

Canadian Shredded Wheat Co., Limited

Toronto Office:
32 Church Street

Factory:
Niagara Falls

(78)

THE annual graduating exercises at Hamilton City Hospital took place on June 18th, before a distinguished audience of citizens of Hamilton physicians and friends of the Hospital, and the nurses. We regret that, owing to the fact that we are compelled to go to press at once, we must defer a full report of the proceedings, which were unusually interesting, until our next issue.

Medals and diplomas were presented, and it was announced that one of the graduating class, Miss Mina Rodgers, of Hamilton, has been appointed Superintendent of the Training School of Nurses, Niagara Falls Hospital, and will enter on her duties July 1st.

On Wednesday, June 17th, one of the most successful of the many graduation ceremonies held at Toronto General Hospital took place. The attendance of distinguished citizens was large, the exercises were interesting, and the garden party was a charming occasion, and really a beautiful sight, favored by ideal weather. The guests were received by the Superintendent, Miss Snively, the President of the Board, Mr. J. W. Flavelle, Mr. Cockshutt, and Mr. Larkin, of the Board of Trustees, and Dr. J. N. E. Brown, Medical Superintendent, and Mrs. Brown.

We hope to publish a full account in our next issue.

ON June 4th the Graduating Exercises of St. Luke's General Hospital took place. They were held in one of the large wards, which was prettily decorated with flags and flowers for the occasion. Sir Louis Davies occupied the chair. Dr. R. W. Powell, chairman of the Medical Board, presented the report of the Training School, and expressed the satisfaction of the Medical Board with the high standing taken by the graduating class. Miss McCurdy, having obtained 90 per cent., was entitled to the prize, which is presented each year by the Medical Board to the nurse who receives the highest number of marks in the examinations during the three years. The graduating nurses took the "Florence Nightingale Pledge," which was read aloud by Dr. R. W. Powell, the nurses repeating it after him in clear, firm tones. Mrs. W. G. Perley, President of the Ladies' Auxiliary, then presented the diplomas and medals. Dr. R. W. Powell made the announcement that next year, and each succeeding year, the Lady Superintendent, Miss A. Chesley, will offer for competition a gold medal; it will be considered the highest honor in the school, and will be awarded to the nurse who obtains the highest standing in class work, in ethics, in general proficiency, and in practical work.

Dr. A. T. Shillington delivered the Valedictory, and his words of good advice and kindly warning will be long remembered by the nurses. Interesting addresses were also given by Sir James Grant and Dr. Montizambert, after which refreshments were served.

The Pinnacle of Therapeutic Success can only be Attained by the Timely Use of Proper Remedial Agents

Antiphlogistine

Inflammation's Antidote

affords the most scientific method of combating Inflammation and Congestion. It is of especial benefit in the conditions incident to the summer season.

In ENTERO-COLITIS and other inflammations of the abdominal and pelvic viscera, Antiphlogistine proves a satisfactory adjuvant to treatment, as it produces a depletion of the enteric and peritoneal vessels, stimulates the reflexes and relieves the pain, tenesmus and muscular rigidity.

In SPRAINS and WRENCHES, the stretching or tearing of the ligaments, contusion of the synovial membrane and damage to vessels and nerves are best controlled by Antiphlogistine, which distinctly aids in the reconstruction of the part. The absorption of the liquid exudate from the swollen tissues and the free circulation of blood in the seat of the injury greatly hastens the process of repair.

THE DENVER CHEMICAL MFG. CO.

New York

The early summer has always been a very festive season for the Collingwood General and Marine Hospital Alumnae Association, and this year has been no exception to the rule. On Friday, May 29th, Miss Knox, the first graduate of the Training School, entertained most delightfully in the grounds of Mrs. Shannon. The orchard was in all its glory of spring bloom, and on the banks of the river which flows through it most wonderful quantities of wild flowers were growing. The tea table was spread under the trees, and while partaking of the delicious strawberries and cream it did not require a great stretch of the imagination to take some of us back to many like days across the sea. All the honorary members of the Association, together with a good many graduates of the School, and several nurses from other hospitals were present. On Thursday June 11th, the Association held its annual picnic in Victoria Park, within sight and sound of the waves of the Georgian Bay. All the doctors of the town, with their wives, were present. Many of the Alumnae Association were able to get "off duty" for a few hours, but it was a regret to all present that the President and First Vice-President were unable to be there, owing to professional duties. The doctors and nurses proved that they could enjoy an outing of that sort quite as well as in their boyhood and girlhood days, before life had become the serious thing it now is.

Yearly report of the Victorian Order of Nurses, Montreal:

Number of new cases	3,142
Cases of more than one visit	3,142
Average daily hours on duty	8
Average Sunday hours on duty	7
Total number visits	27,234
Total number night calls	1,027
Number of new doctors	20
Total number operations	202
Medical cases	567
Surgical cases	301
Gynecological cases	1,441
Chronic cases	152
Number paying patients	1,948
Number non-paying patients	1,194
Amount received in fees	$5,468.39

REMARKS.

Casual visits	485
Continuous night work	10
Last offices	25
Diet tickets given	60
Clothing (pieces)	1,000
Christmas dinners	52

Since January, 1908, the following nurses have been admitted to the Victorian Order: Miss Hormgold, Victoria Hospital, Lon-

Eureka Patented Refrigerators

MANUFACTURED BY THE

EUREKA REFRIGERATOR CO., LIMITED

56 Noble St., Toronto

are superior for hospitals

The system of dry air circulation which is used in all Refrigerators made by the Eureka Company ensures PURE air as well as dry. The refrigerator being perfectly DRY and WHOLESOME.

Eureka Refrigerators are being used in the leading hospitals with the best of satisfaction.

HAVE YOU USED

"CHRISTIE'S"

Soda Biscuits

during convalescence?

CHRISTIE, BROWN & CO., Limited

TORONTO

don, Ont.; Miss Sawyers, General Hospital, St. John's, Nfld.; Miss Hardinge, Montreal General Hospital; Miss Gilby, Sick Children's Hospital, Toronto; Miss Crocker, Victoria General Hospital, Halifax; Miss Andrews, Medicine Hat General Hospital; Mrs. Towle, McKellar General Hospital, Fort William; Mrs. Tyler, Liverpool Royal Infirmary.

Miss M. L. Mellefonte has been appointed assistant to the District Superintendent in the Ottawa Home, and enters on her duties July 1st.

Personal.

Miss Kidd has been appointed Matron of the General Hospital, Fernie, B.C.

Miss Aston ('07) has accepted a position in the Hospital at Nelson, B.C.

Miss Minnie Christie (T. G. H) will spend the summer in Westmount, Que.

Miss L. Kidd ('07) has been seriously ill and has gone to Nelson, B.C., for the benefit of her health.

Miss Muriel Galt, of Montreal, has been spending some time with her friends in and around New York City.

Miss Annie Brown (D. G. H., '07), has resigned her position at Muskegon Hospital, and will return to Manitoba.

Miss Dorothea MacDonald, of St. Mary's Hospital, and Miss C. C. MacDonald, have gone to San Francisco to attend the convention.

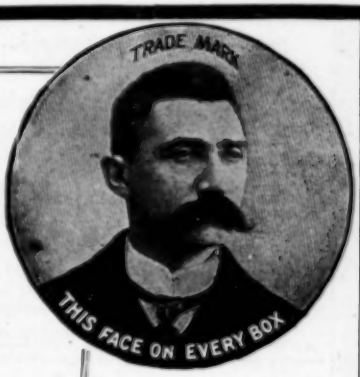
Miss Margaret McCreight completed her course of training in the Dauphin General Hospital, and received her medal and diploma on May 20th.

Miss Jessie Cardiff, New York Hospital, has returned from England, where she has been for the past year, and is visiting at her home in Toronto.

Miss Adah H. Patterson, Superintendent St. Luke's Hospital, St. Paul, sailed April 18 for Europe. Miss Patterson expects to be gone three months.

Miss Helen Cameron-Smith, who April 1st resigned her position with Nurses' 57th Street Registry Co., will resume private nursing in New York City.

Miss Cecelia Macdonald, H. S. C., is just recovering from a serious operation for appendicitis. Her many friends will be glad to hear of her recovery.



"THE BOX THAT LOX"

Good Nurses and Careful Mothers

are particular about using no other but

MENNEN'S
BORATED TALCUM
TOILET POWDER

because it is freely recommended above all others by physicians everywhere. **MENNEN'S** is the purest and safest of Toilet Powders, just as good for mother and nurse as it is for baby.

It not only **smooths** the skin but **soothes** the skin, not only **hides** roughness and rawness but **heals** them. After the **bath** it is delightful—it enables one to easily retain that pleasing appearance of fresh cleanliness.

A positive relief for prickly heat, chafing and sunburn.

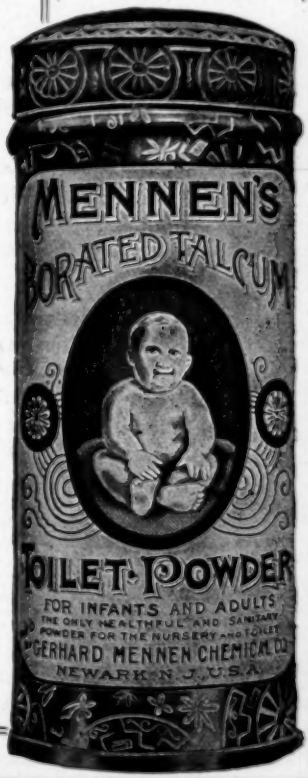
MENNEN'S is put up in **non-refillable** boxes—the **"Box that Lox"**—for your protection. Guaranteed under the Food and Drugs Act, June 30, 1906. Serial No. 1512.

For sale everywhere, or by mail for 25 cents

SAMPLE FREE

GERHARD MENNEN CO.

NEWARK, NEW JERSEY


MENNEN'S
BORATED TALCUM
TOILET POWDER
FOR INFANTS AND ADULTS
THE ONLY HEALTHFUL AND SANITARY POWDER FOR THE NURSERY AND TOILET
GERHARD MENNEN CHEMICAL CO.
NEWARK N. J. U.S.A.

Miss M. E. Nicholson (W. G. H., '07), has returned to Winnipeg after having charge at Dauphin Hospital for four months during Miss Brereton's absence.

Miss Brereton, Lady Superintendent Dauphin Hospital, has recently returned from a trip to the Pacific coast, where she spent the winter, enjoying a much-needed rest.

Miss A. Andrews, for over four years the Matron of the General Hospital at Fernie, B.C., has joined the V. O., and will have charge of the work at Fernie, as her health did not allow her to carry on longer the arduous work of Matron.

The engagement is announced of Miss L. Maud Davis (T.G.H.) to Mr. Herbert P. Johnson of St. Louis. The marriage is announced to take place on June 20th. Mr. and Mrs. Johnson will reside at 242 Tremont Street, Melrose Highlands, Mass.

It seems that an impostor, representing herself as a nurse (!) and a graduate of Toronto General Hospital (!) has appeared in the west end of Toronto, canvassing for the "Fair of All Nations," to be held in November in Massey Hall. She received some money. Beware of her!

Miss F. Madeleine Shaw, Instructress of Nurses, Montreal General Hospital, and Miss Young, Assistant Superintendent of Nurses, sailed from Montreal early in June by the S.S. *"Ottawa,"* for England. While in London they will reside at Worsley House Club, Clifton Gardens, Maida Vale.

Miss Bateman, one of the nurses at St. Michael's Hospital, saved the life of a delirious patient, who was about to throw himself from the balcony. Miss Bateman, with great courage and resolution, kept the patient from endangering his life until help arrived.

Clarissa H. Gordon, R.N., graduate of the New York City Training School for Nurses, class '92, has permanently assumed the management of the Nurses' 57th Street Registry Co. Miss Gordon believes much can be done for the improvement of nurses' homes or registries. Knowing of her wide experience of these institutions, both here and abroad, it is with interest we watch the development of her work.

A very enjoyable tea was given by Miss Snively, Lady Superintendent Toronto General Hospital, on June 4th, in honor of Miss Scott, Second Assistant Superintendent, who has been most successful and popular in that position. Among those present were the President of the Board of Trustees, Mr. J. W. Flavelle, the Medical Superintendent, Dr. J. N. E. Brown, Dr. Helen MacMurchy, Miss Cruickshank, Miss Reid, Miss Stewart, Miss Thorpe, and a large number of the nursing staff. Miss Scott left for Calgary, where she has accepted the position of Lady Superintendent of the General Hospital, a day or two later.

City Dairy and MILK CREAM

We furnish Whey Mixtures for Infant Feeding prepared after physicians' formulas.

We also supply Private Homes, Institutions, Hotels and Restaurants with the best Milk and Cream to be had in Toronto.

City Dairy Company, Limited
Phone North 2040 Spadina Crescent

THE following Canadians recently graduated from the Pennsylvania Orthopaedic Institute and School of Mechano-Therapy, Philadelphia, Pa.: Margaret A. MacBride, Montreal, Can., Grad. Mary Fletcher Hospital, Burlington, Vt., member Canadian Nurses' Association; Jennie M. Malcolm, Bright, Ont., Can., Grad. and Asst. Supt. Paterson General Hospital, Paterson, N.J.; Kathleen E. Steacy, Montreal, Canada. Five Canadians have so far enrolled for the summer term at the same institution.

"THE WESTERNER" writes: "I love to keep track of my sister nurses. Was most pleased to see Miss E. MacKnight has settled in Grand Forks, B.C. She is a most capable and worthy woman. Mrs. Geo. Clode, nurse in Fernie General Hospital, has just returned from Vancouver after spending a month on the Pacific slope, much refreshed by the change. Miss Laidlaw, one of the assistant nurses in the General Hospital, Fernie, left Tuesday morning for Vancouver to visit friends there."

THE Ladies' Hospital Aid Society, of Dauphin, Man., held a most successful summer carnival in the Town Hall, Dauphin, on June 2nd. Several neighboring towns furnished booths, while others contributed money which was spent in flowers for decorating and for sale. The Japanese tea gardens were ideal and attracted large numbers, while the Egyptian fortune-telling tent proved to be a strong magnet. The ladies realized $425.00, and deserve a great deal of credit. Without their generous contributions and hearty support the Hospital would want for not only many luxuries, but even necessities.

MISS LUMSDEN, late Assistant Lady Superintendent of the W. G. H., has accepted the position of Lady Superintendent of the Hospital at Nelson, B.C., and assumed charge on April 15th. Before leaving she was presented by the nurses and the members of the house staff with a beautiful sterling silver toilet set. Miss Lumsden will be greatly missed. Her thorough knowledge of her profession, her ready sympathy combined with tact and good judgment, won for her the esteem of all who were associated with her, and she carries with her the best wishes of the Alumnæ Association, of which she has been president for the past two years.

BORN.

REID.—On April 29th, at Valley Jo, California, a son to Mr. and Mrs. J. G. Reid (nee Miss Turner, a graduate of the Guelph General Hospital).

WALKER.—At Newcastle, N.B., on May 19th, to Dr. and Mrs. Horatio Walker, of Los Angeles, Cal., a daughter.

MARRIED.

ADAMS—O'NEILL.—Miss Martha A. O'Neill (recently Superintendent Nurses of the King's County Hospital, Brooklyn, to Mr. Augustus Joseph Adams, of Bridgewater, N.Y.

CANADIAN BRANCH OF

CASSELL & CO., Ltd.

42 Adelaide Street West, TORONTO, ONT.

¶ We carry a good stock of all our lines . .

¶ We make a specialty of works of particular interest to YOU . . . . . .

¶ All enquiries will receive most careful and prompt attention . . . . . .

¶ Catalogues sent free to any address in the Dominion and Newfoundland . . . . . .

. . Subscribe for . .

THE CANADIAN NURSE

15 cents a copy $1.00 a year

The

Graduate Nurses' Home and Registry

Phone 3450—Day or Night

375 Langside St., Winnipeg

WANTED

At the Children's Memorial Hospital., Montreal, pupil Nurses to enter the Training School. In addition to the usual practical and theoretical work, a course in dispensary and district work is given.

Apply for information to the

LADY SUPERINTENDENT,
500 Guy St., Montreal.

KYLES—MCARTON.—In St. James' Church, Carleton Place, Thursday evening, April 23rd, 1908, at 8 o'clock, Eleanor McArton (graduate T. G. H., Toronto), to Dr. Robert Neil Kyles, of Orangeville.

FENWICK—MCKERROW.—On Thursday, April 23rd, 1908, Agnes McKerrow (graduate of H. G. C., Toronto), to Dr. James Fenwick, of Innisfree, Alberta, Canada.

MEEK—BARRATT.—Miss Annie Barratt, Superintendent of the Isolation Hospital, Vancouver, B.C., to Mr. R. H. Meek, of the City Health Department, Vancouver. (Miss Barratt is a graduate of the Infirmary, Birmingham, England, and afterwards was Night Superintendent at Plaistow Hospital.

THORNTON—CALDWELL.—At Tucson, Arizona, Monday, May 4th, Kate A. Caldwell, graduate of the Lady Stanley Institute, Ottawa, class 1904), to William Victor Thornton.

CRAWFORD—LEMAN.—At the Church of the Messiah, Toronto, on April 30, at 3.30 p.m., Miss Claribel Leman (graduate H. S. C.) to Mr. Arthur Crawford, of Ingersoll.

HOHLSTEIN—ALLARD.—At Toronto, on June 2nd, 1908, Miss Emma Allard (Class '06, St. M. Hosp.), to Mr. William J. Hohlstein. Mr. and Mrs. Hohlstein will reside in Toronto.

JACKSON—GRAY.—On June 10th the marriage of Miss Mildred Gray and Dr. Alexander A. Jackson, Bolton, Ont., was solemnized by the Rev. Dr. Wilson, Trinity Methodist Church. The bride was given away by her father, and wore a pretty dress of pearl grey. A gold necklet, with pearl pendant, the gift of the groom, was also worn, and a cluster of white roses carried. There were no attendants, and after the ceremony Dr. and Mrs. Jackson left for the East. The bride, who was formerly Superintendent of the Hospital for Incurables, and a graduate of Toronto General Hospital, received many beautiful and valuable presents, His Honor the Lieutenant-Governor and Lady Clark giving a pair of silver candlesticks; a tea service of silver from the Board of Management, a bronze lamp and pedestal from the patients, an oak table and chocolate set from the staff, and a handsome framed picture from the nurses, to all of whom Miss Gray greatly endeared herself by her unceasing kindly care. Dr. and Mrs. Jackson will reside in Bolton.

DIED.

WALKER.—At Newcastle, N.B., May 19th, infant daughter of Dr. and Mrs. Horatio Walker, of Los Angeles, Cal.

Nurses' 57th St. Registry

408 West 57th Street
New York City

Is the only Central Registry in New York.

Accommodation for two hundred nurses, in suites of three rooms for three nurses, two rooms for two nurses, and sixty single rooms; a bath on each floor, hot water and steam heat throug out the building, also two well appointed kitchens.

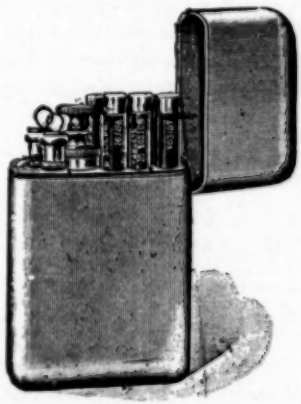
Local and long distance telephones on each floor, electric bell in every room.

Particular care is given the nurses' personal work, as well as registry calls.

The Registry is patronized by the most eminent physicians, also by the exclusive families of New York.

It will be to the advantage of nurses desiring to locate in New York during the coming winter to make early application for rooms, as this entitles them to be on house list, and subject to call.

CLARISSA H. GORDON, R.N.,
President



NURSES' INSTRUMENTS and DRESSINGS of All Kinds TEMPERATURE CHARTS, Etc.

PHONE M. 308

The J. Stevens & Sons Co., Limited
145 Wellington St. W., TORONTO, ONT.

GLYCO-THYMOLINE
TRADE MARK
CONTAINS FOUR PER CENT OF ALCOHOL
IS PUT UP IN THIS STYLE WITH SPRINKLE TOP FOR DENTAL PURPOSES. USED DAILY AS A DENTIFRICE AND MOUTH WASH.
Kress & Owen Company
MFG. CHEMISTS.
210 FULTON ST. NEW YORK.

One of these special bottles of GLYCO-THYMOLINE will be sent

FREE

Express Prepaid

to any TRAINED NURSE on application.

We want you to know the value of GLYCO-THYMOLINE. It stands on its merits.

Mention this Magazine
KRESS & OWEN COMPANY
210 Fulton Street, New York

The Nurse's Library.

The Eighteenth Annual Edition of Dauchy and Company's newspaper catalogue is at hand, comprised in about 800 pages and containing a great deal of information about the American and Canadian Press.

The latest issue of *The Nursing Times*, London, England, is even more than usually remarkable for the number of interesting things of the wide world with which it deals. Half a column on "View Day at St. Bart's," an allusion to Florence Nightingale's Crimean carriage, a description of the pictures with a professional tinge of interest at the Royal Academy are instances of this.

Practice of Medicine for Nurses. By G. H. Hoxie, M. D., Professor of Internal Medicine, University of Kansas. Philadelphia and London: W. B. Saunders Company. Toronto: J. A. Carveth & Co., Ltd. $1.50.

This excellent hand-book, which is intended for the use of Nurses, students of domestic science, and for those who undertake the home care of the sick, is a complete modern text book, well adapted for its purpose. It is not large enough for a book of reference, but fills its own place well.

The Irish Poems of Alfred Percival Graves. Dublin: Maunsel & Co., Ltd. 3s.

This is a delightful book, and is a beautiful specimen of the printer's art. Mr. Graves is widely known as the author of the inimitable "Father O'Flynn." To any Irish patriot, or anyone with a Celtic heart, such lines as these are irresistible:

"Since we're apart, since we're apart
The weariness and lonely smart,
Are going greatly round my heart;
Upon my pillow, ere I sleep,
The full of my two shoes I weep
And like a ghost all day I creep."

All readers of this Magazine, who have not received a copy of "Women in Banking," written by Mrs. E. B. B. Reesor, and published in the *New York Bankers' Magazine*, will be given one upon application to the Crown Bank of Canada, 34 King Street West, Toronto. The article is illustrated with pictures of the special rooms set apart for women, and, as the privileges of using them and making this down-town Rest Room a meeting place for out-of-town friends or for consultations with their physicians has always been extended to members of the Nursing profession, it will be of interest to you to see what these apartments are like.

New Books for Nurses

A History of Nursing

The evolution of the methods of care for the sick from the earliest times to the foundation of the first English and American Training Schools for Nurses. By LAVINIA L. DOCK, R.N., Secretary of the American Federation of Nurses and of the International Council of Nurses, etc., and M. ADELAIDE NUTTING, R.N., Superintendent of Nurses The Johns Hopkins Hospital, Principal of Johns Hopkins Training School for Nurses, etc. Two vols. Price, $6.00.

The Matron

Her duties and responsibilities, including principles of economy in institutions. Price, $1.00.

Practical Fever Nursing

By EDWARD C. REGISTER, M.D., Professor of the Practice of Medicine in the North Carolina Medical College, Chief Physician to St. Peter's Hospital, Editor of the Charlotte Medical Journal. Price, $2.50.

The Role of Modern Dietetics in the Causation of Disease

By J. SIM WALLACE, M.D., D.Sc., L.D.S., Hon. Dental Surgeon West End Hospital for Nervous Diseases and Assistant Dental Surgeon National Dental Hospital, W. Price, $1.00.

Complete line of Nurses' Books always in stock. Send for one of our Catalogues also sample Temperature Charts and History Forms.

J. A. CARVETH & CO., Limited, Medical Book Publishers

Phone Main 3928 **406 YONGE STREET, TORONTO**

INSTRUCTION IN MASSAGE

THE SYSTEM YOU WILL EVENTUALLY LEARN

Swedish Movements, Medical and Orthopædic Gymnastics

Term: 3 Months - - - - - **Tuition Fee, $60.00**

Course in Electro-Therapy

Term: 2 Months - - - - - **Tuition Fee, $25.00**

Course in Hydro-Therapy in all its Forms

Term: 6 Weeks - - - - - **Tuition Fee, $30.00**

SUMMER CLASSES OPEN JULY 8, '08.

7844 MECHANICAL TREATMENTS GIVEN IN 1907

No Better Clinical Experience Possible

All courses may be commenced at the same time and finished within three months.

The instruction consists of daily clinical work and practical lessons on patients referred to our clinics from the various Hospital Dispensaries. Original Swedish (Ling) System and Weir Mitchell's Rest Cure system. All pupils attend clinics at several city hospitals. Separate male and female classes. Payments can be made to suit your convenience. Particulars and illustrated booklet on Massage upon request. **An early application for admission is advisable.**

The Tuition Fee will be Raised after Oct. 1, '08

INSTRUCTORS

T. D. TAGGART, M.D. (Jefferson Med. College).
WM. ERWIN, M.D. (Hahnemann and Rush Med. Col.)
FRANK B. BAIRD, M.D. (Univ. Pennsylvania).
MAX J. WALTER (Royal Univ., Breslau, Germany, and lecturer to St. Joseph's, St. Mary's, Mount Sinai and W. Phila. Hosp. for Women, Cooper Hosp., etc.)
HELENE BONSDORFF (Gymnastic Institute, Stockholm, Sweden).
LILLIE H. MARSHALL, EDITH W. KNIGHT } Pennsylvania Orthopædic Institute
MARGARET A. ZABEL, (German Hospital, Philadelphia Penna. Orthopædic Inst.)
WM. H. MONTGOMERY (Penna. Orthopædic Inst.)

Pennsylvania Orthopædic Institute and School of Mechano-Therapy

(Incorporated)

1711 Green Street, PHILADELPHIA, PA. **MAX J. WALTER, Superintendent**

Publishers' Department.

A New Feature at the Summer Course of the Pennsylvania Orthopaedic Institute.—As it always has been the aim of the Pennsylvania Orthopaedic Institute and School of Mechano-Therapy, Incorporated, 1711 Green Street, Philadelphia, to give the students who take courses of instruction in the Swedish system of massage, medical and orthopaedic gymnastics, electro and hydro-therapy, the best that any school has to offer, a thorough course in Pathology in such diseases as can be treated mechanically, will be added this Summer to the regular curriculum. The practical work consists of daily lessons in the various branches of Mechano-Therapy and frequent theoretical lectures will be given pertaining thereto, including anatomy and physiology. The students are also sent to various city hospitals to attend the clinics in the nervous and orthopaedic dispensaries. In the year 1907 7,844 mechanical treatments were given at this institution, which shows the exceptional opportunity for gaining practical experience. The Summer courses open on July 8th and students who wish to avail themselves of the present rates are advised to apply early for admission, as the tuition fee for all courses will be increased with the beginning of the Fall term on Oct. 8th. Further particulars may be obtained from the advertisement in this issue or by asking for the illustrated prospectus. All communications are to be addressed to Max. J. Walter, Supt.

In studying the action of Pond's Extract, it is found to possess marked anodyne, antiphlogistic, astringent, antiseptic and styptic properties. It relieves pain, irritation and congestion by its soothing and cooling effect on the surface structures and a coincident improvement in the local capillary circulation. It is astringent through its pronounced contractile influence on protoplasm, and, while antiseptic, is not so much so because of its immediate destruction of bacteria, as by reason of its astringent and sedative action on inflamed areas, thus making the tissues attacked less favorable locations for the growth and propagation of germ life. Its styptic action, which is specially marked in capillary hemorrhage, or bleeding from small vessels, is accomplished by both contraction of the vascular coats and an increase in the coagulation of the blood.

Amenorrhea.—When the suppression of the menses is caused by such constitutional diseases as pulmonary tuberculosis, and the regular menstrual period is overdue, it is seldom possible to effect its return before the next period. But if the suppression is acute

To Hospital Superintendents and Trained Nurses

When doctors prescribe

OLIVE OIL

always be sure to buy SAMUEL RAE & CO.'S (Established 1836) Italian, finest, sublime Lucca Olive Oil. It is guaranteed absolutely pure, from olives grown and pressed in Tuscany. Kyle & Hooper will gladly send you a sample bottle free, so that you can test it for yourselves. Write now. Address

KYLE & HOOPER

SOLE CANADIAN AGENTS

77 Front St. East **Toronto**

947

Wedding Announcements

PROFESSIONAL AND CALLING CARDS, MENU LISTS, SOCIETY PROGRAMS

Printed

IN THE LATEST STYLES OF TYPOGRAPHY AND AT . . . REASONABLE PRICES.

WILLIAM BRIGGS

Wesley Buildings

TORONTO, Ont.

MALTINE

With CASCARA SAGRADA

For Constipation and Hemorrhoids

CASCARA SAGRADA is acknowledged to be the best and most effective laxative known, producing painless and satisfactory movements. Combined with the nutritive, tonic and digestive properties of Maltine, it forms a preparation far excelling the various pills and potions which possess only purgative elements. The latter more or less violently *force* the action of the bowels, and distressing reaction almost invariably follows, while Maltine with Cascara Sagrada *assists nature*, and instead of leaving the organs in an exhausted condition, so strengthens and invigorates them that their normal action is soon permanently restored.

For sale by all druggists.

THE MALTINE COMPANY

88 Wellington Street West, TORONTO